

Kodie's Green Smoothie!



Ingredients

- 1.5 Cups Water
- 3 Handfuls Organic Baby Spring Mix
- 1 Frozen Banana
- 1 Scoop Garden of Life Protein (Chocolate)
- 1 Scoop Collagen
- 1 Tbls. Peanut or Almond Butter
- 1 tsp. Cinnamon'
- 1 tsp. ground ginger
- 1 tsp Ground Tumeric

Place all ingredients into a blender and blend on high until smooth.

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from the Living LEAN team,
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Health Benefits



Smoothies - a great way to get more optimal health-promoting fruits and vegetables into your daily diet.

Water - Provides hydration without added calories.

Super Greens - Loaded with vitamins and minerals and countless health benefits.

Protein - an important macronutrient to build and repair muscle, bone, cartilage, skin, and blood. Provides the building blocks of enzymes, hormones, and vitamins.

Collagen - for healthy joints and skin elasticity.

Nut Butters - a good source of healthy fats

Cinnamon - helps to reduce blood pressure, lowers blood sugar, and helps with weight loss.

Ginger - aids in digestion, calms nausea and soothes soar muscles.

Tumeric - a natural anti-inflammatory known to relieve joint pain and stiffness as well as many medicinal properties for optimal health and wellness.

